

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

Vol. 51 No. 41

November 4, 2005

Aviano Air Base, Italy

Fly Bys

Crud tournament

The second 31st Fighter Wing crud tournament begins at 6 p.m. today, in the La Bella Vista Club. For more information, call Ext. 4303.

Book Fair

The Aviano Elementary School Parent Teacher Association hosts a book fair Monday through Nov. 11 in the AES gym. A Family Night is 5 to 7 p.m. Nov. 8 in the AES gym. For more information, call Ext. 5677.

Piazza construction

Construction on the post office piazza to install landscaping and a fountain begins Thursday. The area will be off limits through January 2006. Call the project manager, Sandra Redolfi-Fagara at Ext. 5758 for more information.

Remembering

A Veteran's Day ceremony is 3 p.m. Thursday in Hangar One. All 31st Fighter Wing members and civilians are welcome to attend.

Library closure

The Aviano Base Library is closed through Nov. 11.



Photo by Tech. Sgt. Charlein Sheets

Capt. Charles Bassett, 510th Fighter Squadron, gives Maj. Svetlav Stoyanov of the Bulgarian air force last minute instructions prior to taking off. Major Stoyanov rode in the back seat of the American F-16 Oct. 24 during Viper Javelin 2005. For full story and more photos, see page 7.

USAFE members should take pride in CSIP successes

By Lt. Gen. Robert D. Bishop Jr.
USAFE vice commander

In the three months since becoming part of U.S. Air Forces in Europe, I've been continually amazed by the incredible things going on in this command and the men and women who make it happen.

USAFE is one of the busiest MAJCOMs in the Air Force. Whether it's supporting peacekeeping and humanitarian operations across the globe, participating in interna-

tional relations events like the Russian air show or ensuring our readiness through the multitude of exercises conducted within our area of operations, the USAFE team works together and accomplishes extraordinary work.

But, what's even more exciting is to see what's happening right here on our own stomping grounds.

Regardless of the climate or time of day,

See CSIP, Page 3

Mail movement: All mail being shipped to and through Florida may be delayed due to Hurricane Wilma.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	72.4	44
	+70.5	-6

Information current as of Thursday.



Special duty

As a special duty assignment team prepares to visit to Aviano, one MTI recalls what it was like to shape tomorrow's Air Force.

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Chills n' thrills

Screams of terror filled the night as monsters, witches and ghosts lined up at Aviano's haunted house for a spooky thrill.

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CSIP, from page 1

USAFE members are out jogging and using our fitness centers -- and the hard work is showing outstanding results. In Fiscal 2005, USAFE reduced marginal and poor fitness scores on the Air Force physical training test by 65 percent. Now, only one in 20 Airmen is in this "at risk" range, and the numbers are continuing to drop. Consequently, we're the only MAJCOM achieving above 90 percent in the new AF Fitness Readiness metric; a new fitness statistic developed and proposed by USAFE. Combat Fitness is a proven success -- USAFE Airmen are Fit-to-Fight.

Our USAFE team is not only physically ready, but also medically prepared. Over 90 percent of our Airmen are ready to deploy at a moment's notice. To put this in perspective a bit, the Air Force average is currently at 83 percent. USAFE knows what it takes to be expeditionary, and we're blazing the trail for the rest of the Air Force.

The focus on quality of life and providing superior service in the command is also amazing.

Since Combat Care began, more than

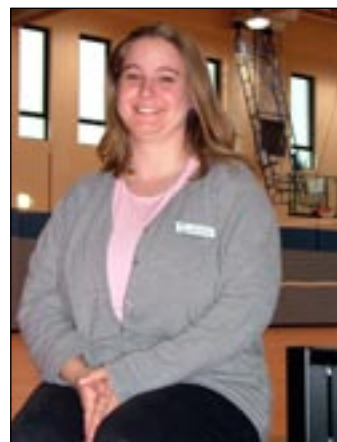
15,000 reintegration "survival" brochures have been distributed to deployed Airmen and their families. The command emphasis on this quality of life program assists and supports our Airmen as they execute a smooth transition from deployment back to home station.

Additionally, the command has removed significant barriers to the college classroom and is striving to satisfy our younger troops desire to learn. Among our junior NCOs and Airmen, college enrollments have increased by more than 15 percent from Fiscal Year 2003 to Fiscal Year 2005. This is a reflection on the "user friendly" education opportunities we have here in USAFE as a result of Combat Education.

I could go on and on about all the good news stories I see happening here in our command. Everywhere I look, the top-notch work, drive and pride of our USAFE team is readily apparent. The list of Combat and Special Interest Program successes is astounding and it's all driven by the men and women of USAFE.

Aviano's Hidden Heroes

Melissa D'Angelo, 31st Services Squadron, has volunteered her time with Aviano Youth Programs for more than two years now. During this time, she gave countless hours to the Aviano Youth Sports Program in an effort to keep facility costs down and to ensure safety during tournaments and day camps. As treasurer and a volunteer with Aviano Community Enlisted Spouses, Mrs. D'Angelo worked more than 50 hours at the bazaar, painting an Asilo preschool and supporting various families within the spouses group. Mrs. D'Angelo works alongside Italian Nationals to support the elderly at Casa di Riposo, Aviano's Convalescent Hospital. She bakes goods and makes frequent visits to the facility where she builds strong bonds with the local community members. In addition, she volunteered more than 200 hours in support of Aviano's deployed members and their families by babysitting at no cost. "Melissa D'Angelo is an asset to the Aviano community as she has touched many lives through her continuous volunteer contributions," said Kristy Lanham, Aviano's volunteer coordinator.



Brig. Gen. Robert Yates presents a wing coin to Staff Sgt. Malik Mayfield after he spent the day as his shadow.

Aviano Airman of the Week

Name: Staff Sgt. Malik Mayfield

Unit: 31st Fighter Wing, information management

Hometown: Boston, Mass.

Family: Two sisters, a twin brother and Mom.

Hobbies: Dancing, traveling, weightlifting, learning new things and eating.

Why joined: For the experience, travel and school opportunities.

Accomplishments: "Sergeant Mayfield was selected as a shadow for his outstanding client administrative support to the wing staff and leadership," said supervisor Master Sgt. McChelle Habinyak.

New 31st FW chief supports Aviano's enlisted

By Airman 1st Class

Sarah Gregory

31st Fighter Wing Public Affairs

She's small but don't let her size fool you; she's got a mighty mission. She's Chief Master Sgt. Pam Lane, the 31st Fighter Wing's new command chief, and she's here to help Aviano Airmen.

"I want to spend as much time out of the office as possible. I want to be out talking to folks, seeing where they work and helping them with issues they need worked," said Chief Lane. "If there is anything I can do to help make our Airmen and their families lives better, I'll work for it."

Chief Lane assumed responsibility of her new position during a ceremony Oct. 24 in Hangar One. Prior to arriving at Aviano, she served as maintenance superintendent of the 563rd Maintenance Squadron at Davis-Monthan Air Force Base, Ariz.

"I was very excited and I heard from everyone when I found out I was coming here. Everyone said, 'Oh, you are so lucky, it's the best assignment I ever had.' I had numerous people offer to become my children and even had a few marriage proposals, which of course my husband didn't like," she laughed.

Having joined the Air Force in 1980, Chief Lane had originally decided not to make the Air Force a career.

"When I first joined, I was going to do my four years and punch," she said. "But priorities change along the way and I decided I was going to stay in. I thought if I'm going to stay in, I'm going to do it right and make chief."

Deciding to stay in the military wasn't so much a decision but a calling for Chief Lane.

"When I came in, I was fresh out of high school with no real life experiences and I thought coming in the military would be just a stepping stone," she said. "But I found it was way more rewarding than I thought it would be and I really blossomed. I decided that's what I wanted to do and here I am 25 years later."

For Airmen who are trying to make their own decision of whether to stay in the Air Force or get out, Chief Lane offers the following advice.

"Look long term. You've got to look beyond the next couple of years. Look at what you really have in the military versus what you have in the civilian world," she said. "And for those who don't have a lot of experience working in the civilian world, you know the grass is always greener until you get there."

Other important advice Chief Lane said she wants Aviano Airmen to remember is to know that when they are facing a problem, there are people they can turn to.

"There are people on this base whose sole purpose is to help," she said. "I want them to remember it's not a sign of weakness to ask for help. Asking for help early on prevents issues from becoming so big you can't deal with them. Nine times out of 10, you take care of stuff without it ever having to get to the [squadron] commander or wing commander level."

In addition to being there for Aviano's Airmen, Chief Lane hopes to address several enlisted issues during her time here.

"My main concerns are second-term Airmen retention rates, which are significantly below USAFE retention rates, and general quality of life issues our people have to deal with day in and day out," she said. "I want to do everything I can to make Aviano an even better place than it already is."

Above all, Chief Lane wants Aviano members to know she's available for them.

"Airmen can walk up to me and talk to me anytime they want. I don't care if I am at the BX in civilian clothes with my family or if I'm out and about in uniform, I want people to feel like they can approach me because I am here to help them," she said. "And if anyone needs a conversation starter, they can always use football. I am a huge Notre Dame fan."

Inspections: The POV inspections offers courtesy inspections to ID card holders and dependents with AFI plates. Call Ext. 4458.

Preparing for the worst: USAFE commanders learn response tactics

By Airman 1st Class

Sarah Gregory

*31st Fighter Wing
Public Affairs*

Squadron commanders from all over U.S. Air Forces in Europe met at Aviano Oct. 25-28 for a disaster response training exercise.

The training exercise, known as the on-scene commanders' course, teaches squadron commanders how to respond to an accident scene.

"We train emergency responders and command officers how to take command and control of an accident scene," said Neil Krosner, Air University on-scene

commanders' course director. "An accident scene can include situations such as aircraft crashes, hazardous material spills and natural disasters."

The four-day course covers topics ranging from how to work with the media to handling fuel spills.

"This is important because it teaches us how to operate a disaster scene, how to best use the resources we have available to us and how to work with on and off base agencies," said Maj. Scott Warner, 39th Civil Engineer Squadron commander, Incirlik Air Base, Turkey.

In addition to classroom discussions, the on-scene course instructors used

Aviano volunteers, acting as distraught family members and journalists, to portray real-life response to disaster situations.

"We had to practice scenarios that simulate the chaos and confusion during a real-world disaster situation," said Major Warner. "The course is a real learning opportunity and the best part is listening to other folks and hearing their experiences about what they have done in the past. Now, I'll have more than just 'book learning' to fall back on [in case of an emergency]."

From a legal standpoint, a commander is required to go through the on-scene training before being allowed to

handle a disaster. Usually a commander only has to take the course once, but if an officer is going to be a mission support group commander, they must take the course again if it has been longer than five years.

"Usually the primary on-scene leader is the mission support group commander because most of the resources used during disaster response fall under the MSG – fire services, security forces, medical and communications," said Mr. Krosner. "However, because of deployments and TDYs, we have to have back-up leadership capable of handling a

See Crisis, page 8

Viper Javelin 2005

Aviano pilots expand education, training in Bulgaria

**By 1st Lt.
Jennifer Ferrau**
31st Fighter Wing
Public Affairs

More than 120 Aviano Airmen deployed to Graf Ignatievo Air Base, Bulgaria, Oct. 24 – 29 in support of Viper Javelin 2005.

Viper Javelin was designed to provide a unique opportunity for U.S. Air Force and Bulgarian air force personnel to enhance relations and expand education and training with dissimilar aircraft.

The training objectives were three-fold: To educate and train U.S. and NATO procedures, regulations and planning processes; to develop relationships and bilateral training; and to provide foreign aircraft familiarization.

During the opening ceremony, Chief of Staff of Bulgarian Air Force Headquarters, Maj. Gen. Simeon Simeonov said he would like to turn this type of exercise into a tradition. "There's a saying ... 'A journey of a thousand miles begins with one step' - I know we can reach our final destination point through our joint efforts. Viper Javelin gives us the opportunity to gain fighter experience and training skills."

Gen. Robert Foglesong, U.S. Air Forces in Europe



Photo by Tech. Sgt. Charlein Sheets

Senior Airman Adrian Abram (left) and Staff Sgt. Jason Brown (right), 31st Aircraft Maintenance Squadron electro environmental systems journeymen, fix an aircraft break-ing system failure on an F-16 during Viper Javelin 2005.

commander, said the Air Force "never does anything alone; we're always working with our partners. It's beneficial to talk training and tactics before we're in combat."

Maj. Mark Bjorgen, project officer and assistant director of operations at the 510th Fighter Squadron, said, "We started with non-maneuvering tactical intercepts, then progressed to more complex maneuvers."

"This was an outstanding first chance to work hand-in-hand with our Bulgarian counterparts (NATO) on a tactical level," he added.

Capt. Joe Bassett, 510th Fighter Squadron pilot and scheduler, said the Bulgarian

pilots, and all the Bulgarians in general, have been extremely friendly people. "Of course, there is the language barrier, but it was very easy to get past that," he said.

Both forces' pilots provided their counterparts with familiarization flights during the first two days of the exercise.

Capt. Aaron Saul, 31st Operation Support Squadron scheduler, flew in a MIG-29 with 3rd Air Base Commander Col. Rumen Radev. "I really didn't know what to expect - it was definitely a unique experience and an opportunity of a lifetime seeing the way they fly, fight and maneuver. I was extremely impressed with amount of power, with

the amount of thrust, and maneuverability - and to see him do basic fighter maneuvers against one of our Vipers was impressive!"

Bulgarian air force Maj. Svetlan Stoyanov, MIG-21 pilot explained his thoughts on the exercise. "The MIG is very old but it's the only one we have that our pilots can fly to maintain their proficiency."

Major Stoyanov said the MIGs are inexpensive to maintain and reliable but their technology isn't current. "I feel the F-16 is more powerful and more maneuverable. It is better equipped and is a better weapon."

"Our Bulgarian pilots only get approximately 30-40 flying hours a year whereas the U.S. pilots get about 240 flying hours a year - I look forward to being able to fly that much someday!"

"We've spent a lot of time focusing on becoming NATO-compliant. Now we plan to do a lot of studying - language training, tactical training so we can build our forces up."

When asked where he saw himself five years from now, he replied, "Hopefully, right here (at Graf Ignatievo Air Base). This is where the transformation will be happening - the people with the ideas, the chance to make a difference, are all going to be right here."

Upcoming Project CHEER events

Today - The Refuge coffee special 6 to 10 p.m. in the Area F dorms, Bldg. 1424. The chapel offers single members a chance for relaxation and fellowship. Volunteers are needed. Call Ext. 5211 for more information.

Saturday - Take a guided tour of Innsbruck with Information, Tickets and Tours. IT&T offers single, unaccompanied members recreational and sightseeing alternatives for less than €50.

Saturday - Outdoor Recreation is hosting a local bike ride. For more information, call Ext. 8625.

Saturday - A cross country tournament offers single mem-

bers a chance to play the golf course and win prizes.

Saturday - Cosmic bowling 9 p.m. to midnight at the base bowling center. Call Ext. 7487 to reserve a lane.

Sunday - Football Frenzy 7 p.m. at La Bella Vista offers single Airmen entertainment of American football and fellowship opportunities. Call Ext. 4303 for more information.

Monday - Project CHEER recognition. The 31st Medical Group offers single, unaccompanied members an opportunity to be recognized for professionalism, most accomplished and best fit. Winners receive a reserved parking slot for a week and €5 calling card.

Special duty assignment team to visit Aviano

By Airman 1st Class

Sarah Gregory

31st Fighter Wing Public Affairs

Whether it was a basic training instructor or a recruiter, many Airmen can remember someone who changed their lives or views of the military. Now Aviano Airmen looking to shape tomorrow's Air Force will soon have the opportunity to learn about different special duty assignments available to them.

Members of the Air Education and Training Command recruiter screening and military training instructor recruiting teams are hosting a special duty assignment briefing 8:30 a.m., Monday in the Mass Briefing Facility. Aviano Airmen interested in becoming a recruiter, military training instructor, military training leader, technical training instructor, or professional military education instructor are invited to attend.

"Recruiters are responsible for the number and quality of young men and women who enlist and begin their Air Force careers. We are the first to touch the lives of our future airman," said Master Sgt. Andrew Sites, NCO-in-charge of the recruiter screening team.

Aviano's career advisor, Master Sgt. Michael Remmert, 31st Fighter Wing, worked in financial services and as a technical training instructor before he decided to try his hand at recruiting.

"I really like to help people and I wanted the autonomy," he said. "I'm an Air Force brat; everything I've ever had my whole life was because of the Air Force and they needed recruiters really badly at the time. It looked like a good way to give back a little of what was given to me."

Sergeant Remmert, who spent three years as a recruiter in Las Vegas, Nev., talks about his experiences as a recruiter.

"Recruiters get to work almost independently," he said. "It was like running a small business -- advertising and marketing, networking and sales. You 'own' everything."

Although they are nice, recruiter ben-



Master Sgt. Jose LugoSantiago, 31st Maintenance Squadron, spent three years as a Military Training Instructor at Lackland AFB, Texas.

efits go far beyond independence and job perks.

"You get to help people change their lives," Sergeant Remmert said. "When [Airmen] come home from BMT and tech school, they can't wait to come to the office to thank you and show off their uniform -- they want to show you that they are one of 'you' now. The extra \$450 a month, laptop, government vehicle and cell phone are nice, too."

When deciding if being a recruiter is the right career decision, Sergeant Remmert says confidence in the Air Force is important.

"You have to love the Air Force and believe with all your heart that it's the right thing for that applicant you're talking to. You can't sell it if you don't believe in it," he said. "And if you do become a recruiter, don't ever lie to a kid -- recruiters have a bad enough rep already."

After recruiters, an MTI is possibly the next most influential person in an Airmen's career.

Master Sgt. Jose LugoSantiago, 31st Maintenance Squadron, served as a MTI at Lackland Air Force Base, Texas, from May 2001 to June 2005.

"It was a great experience; perhaps the best, and no doubt the toughest assignment I've ever had," he said. "It's pretty intimidating going back to basic and starting all over again, but the MTI experience molded me into a better Airman."

"Leading by example takes on a totally new meaning. You rapidly come to the realization that your example and attitude towards goals set the tone for success."

While being an MTI can be a rewarding experience, Sergeant LugoSantiago says it's not for the faint of heart.

"You get up early in the morning to start your day knowing you have a job to do, and that job will take everything you've got," he said. "I remember often going home at 10 p.m. But you know it needs to happen and you need to give everything."

Although it's a demanding position, an MTI offers Airmen the chance to have a positive impact on tomorrow's Air Force.

"Character molding and internalization of core values begin in basic training. Trainees will emulate your actions and conduct. The experience is life changing," said Sergeant LugoSantiago. "This process cannot be manufactured; you must live it, fight it into and grow it in the troops. That's leadership ... making no excuses, being accountable for performance and striving for excellence."

Above all, the special duty assignment team visit will allow some Airmen to fulfill a dream.

"If you think you're good, and you want to be better, become an MTI. Listen to your heart and do what you think is best for you and the Air Force -- pursue your dreams," said Sergeant LugoSantiago. "So many times people are scared away from special duties, and later on in their careers, they regret not having the courage to do one of these tough duties. Make a difference."

Crisis, from page 5

crisis at each installation."

"No matter what, any one of us could sit in the job if necessary," said Major Warner.

While no one ever wants a disaster to occur, the course gives commanders the foundation of what to expect in case it does.

"Overall, we hope the class learns that they have to have a 'when', not 'if' mentality," said Mr. Krosner. "I hope that they go back to their bases and make sure they are prepared to respond to any situation."

The instructors' efforts to teach a better understanding of how different career fields work together at a disaster scene has

paid off for one Aviano leader.

"One of the most important lessons I've learned is the role of communication," said Capt. David Meissen, 31st Civil Engineer Squadron chief of readiness. "During a crisis, it's very important to communicate quickly and effectively up and down the chain. I hope this course has taught me how to do my job better."

Although the course is taught through the College for Professional Development at Air University located at Maxwell AFB, Miss., the instructors host a class at a different USAFE installation every year.



Photos by Staff Sgt Michael Holzworth

Top: Dressed as witches, Hyom and Kayla Tanner head to the Aviano Haunted House Saturday night. More than 2,000 Aviano community members went through the house during the weekend.

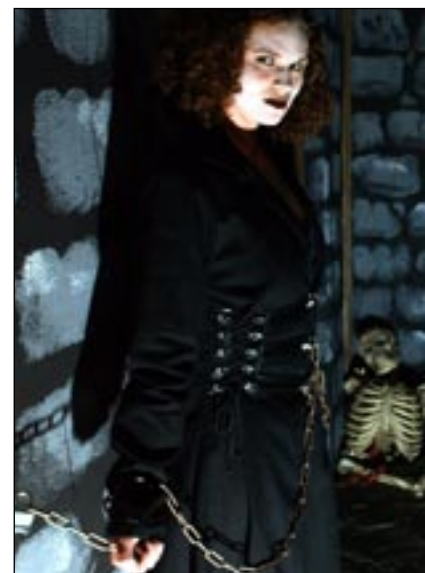
Right: Aviano's haunted house featured a school theme complete with an evil teacher's lounge, a torture chamber gymnasium, a haunted playground, mad science lab and a not so yummy cafeteria.

A ha

For Aviano members, giving up Halloween to give up their spooky sides this weekend. The base as crowds of their way through



Above: A terrified youth flees as unteer "scarers" pop out from



haunted halloween

ers, being overseas doesn't mean hav-
iday customs. Youth and adults alike let
s out for some traditional Halloween fun
rieks of terror could be heard around the
f witches, goblins and monsters braved
evil-school theme haunted house. Other

scary activities in-
cluded an opportu-
nity for children to
do some time-hon-
ored trick or treat-
ing during the Trunk
or Treat festivities.

Right: A haunted carnival clown
hid behind the haunted house en-
trance for maximum scare tac-
tics.

Below Staff Sgt. Vanessa Almanzor, 31st Medical Group, Steve Juhasz, 31st
Civil Engineer Squadron, (center) and Capt. Brady Thomson, 31st Dental
Squadron, spray kids with silly string at Aviano's Trunk or Treat event Satur-
day. The group set up a "Ghost Busters" trunk decoration display.



Photo by Airman Nathan Doza

from the haunted house as vol-
dark corners.



Vet clinic hours

The Aviano Veterinary Clinic is closed Nov. 11 and 14. It will resume normal hours Nov. 15.

Chapel changes

The traditional 10 a.m. service at the base chapel has changed to a contemporary worship service. The contemporary service is designed with the younger adult and family in mind and features a live band, praise songs, dynamic teaching and multi-media presentations. It will be an upbeat and celebratory atmosphere that is informal, flexible, and relational. The 1 p.m. gospel service will move to the new base theater in Area F beginning Dec. 4 and the service time will change from 1 p.m. to 9:30 a.m. For more information, call the chapel at Ext. 5211.

Thrift Shop

The Aviano Thrift Shop is hosting a yard sale from 8 a.m. to noon Saturday in

the high school multi-purpose room. The thrift shop is located behind the chapel in Area One. For more information or to rent a table, call Ext. 5428 or 349-470-9262.

Free education

The University of Phoenix is waiving the application fee and resources for the first class registered for the month of November. Students must begin class during November and must complete the class. University of Phoenix is continually enrolling for the master's of Business Administration and master's in Arts and Education. For more information, call Michele Rhoutsong at Ext. 5139 or e-mail her at Michele.Rhoutsong@phoenix.edu.

Musicians needed

The gospel service is in need of a musician for the adult and youth choirs. This is a contracted position. Interested members must submit a sealed bid by Nov. 18

to the main chapel office. For more information, call Chaplain (Maj.) Shon Neyland at Ext. 5211.

Fall Carnival

The Aviano Elementary School is hosting a Fall Carnival from 5 to 8 p.m. Saturday in the multi-purpose room and gym. Everyone is welcome to come out for a night of games, prizes and food. There will also be a girl's and boy's bike give away. The cost is \$4 for children age 4 and under and \$7 for children 5 and over. At the door tickets cost \$5 for children 4 and under and \$8 for ages 5 and over. The price includes tickets for games and food. Parents are needed as volunteers. For more information, e-mail Cathy Knappen at williamandcathy@msn.com.

Condensed courses

Embry-Riddle Aeronautical University offers the following condensed weekend courses in November and December: Aviation Law, ASCI 405; Aviation Legislation, ASCI 254 and General Aeronautics AMNT 240. Students can register online or stop by the education center. The deadline to register is the first day of class.

For more information, call ERAU at Ext. 5140.

La Leche League

La Leche League of Aviano meets 10 a.m. Nov. 14 in the Chapel Education Center, Bldg. 168 in Area One. The group welcomes pregnant and breast-feeding women. Babies and children are always welcome and snacks are provided. LLL provides information and support on all aspects of breast-feeding. For questions, call 348 242 5373 or e-mail LLLAviano@yahoo.com.

Barber shop closure

The Area F barber shop in the base exchange will close Nov. 13 - 14 for renovation. The facility will reopen for business Nov. 15 with new management and a new look.

The Family Hair Care in the Area Onemini mall will be open noon to 5 p.m. Nov. 13 and 9 a.m. to 7 p.m. Nov. 14.

Heritage Month

November is Native American Heritage Month. Events for the month include a kick-off with native display and free fry bread Tuesday at the base exchange; Great Plains Native American Dancers noon Nov. 16 at the BX and 6 p.m. at the Community Center; and a Native American story hour and crafts Nov. 21 in the base library. For more information, call Tech. Sgt. Fawn Runs After at Ext. 4418 or Senior Airman Matt Frerichs at Ext. 7750.

Holiday bazaar

Holiday shoppers can get an early start at the holiday bazaar at La Bella Vista from 3 to 7 p.m. Nov. 18, 10 a.m. to 7 p.m. Nov. 19, and 10 a.m. to 4 p.m. Nov. 20. A variety of vendors will be selling items including furniture, leather goods, jewelry, paintings, wine and cheeses, crafts and grandfather clocks. Call Ext. 4303 for more information.

Combat Education

Students can still register for Distance Learning classes with universities on-base and with DL-schools back in the states. To find regional accredited institutions, visit www.nces.ed.gov/ipeds/cool and click in the Title Four box. Call the education office at Ext. 5330 for more information.

Career broadening

The Air Force Senior Leader Management Office is soliciting enthusiastic, mature and professional applicants with solid records of performance, good attitude, interpersonal and culinary skills to fill enlisted aide openings. Applicants must be a second term or career Airman to apply. For more information, visit <https://www.dp.hy.af.mil/afslmo/afslmoe/inde.htm>.

Reel Times

Today, 7 p.m. - "The 40-Year Old Virgin" Rated R - Forty-year-old Andy has done quite a few things in his life. He's got a cushy job, a nice apartment, good friends and a nice attitude. But there's just one little thing he hasn't quite gotten around to doing yet - something most people have done by his age. Andy's never, ever, ever had sex. Starring: Steve Carell, Catherine Keener.

Saturday, 7 p.m. - "The 40-Year Old Virgin" Rated R

Sunday, 7 p.m. - "March of the Penguins" Rated G - Emperor penguins overcome daunting obstacles as they trek across the Antarctic on an annual journey to return to their breeding grounds for mating season. Animated.

Wednesday, 7 p.m. - "March of the Penguins" Rated G

Thursday, 7 p.m. - "The 40-Year Old Virgin" Rated R

Friday, 5 p.m. - "Red Eye" Rated PG-13 - Lisa hates to fly, but the terror that awaits her on the flight to Miami has nothing to do with a fear of flying. Moments after takeoff, Lisa's seatmate menacingly reveals his plot to kill a rich and powerful businessman, and Lisa is the key to its success. Starring: Rachel McAdams, Cillian Murphy.

Friday, 8 p.m. - "Flightplan" Rated PG-13 - Flying at 40,000 feet, a woman faces every mother's worst nightmare when her six-year-old daughter vanishes without a trace mid-flight from Berlin to New York. Starring: Jodie Foster, Peter Sarsgaard.

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local area events

Sunday - An Italian Victory Day celebration in Barchis commemorates the Nov. 4, 1918 victory over Austria. Event includes Mass, choirs, chestnuts and wine beginning at 3 p.m.

Sunday - Aviano's antique market. Market takes place the first Sunday of every month.

Nov. 13 - The "Market of Modern Memorabilia" is in Cordenons town center. Visitors can view and buy merchandise from the 1930s to the 1970s. The market takes place every second Sunday of the month.

Through Dec. 10 - In Sarmede, near Vittorio Veneto, an exhibition of drawings for kids by artists from all over the world. Street theater displays are Nov. 27 and Dec. 4.

Project SMART travel

When traveling around Europe, remember to avoid carrying handbags and fanny packs; they are easy targets for theft.

To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and don't carry excessive amounts of money or unnecessary credit cards.

Always try to travel light. You can move more quickly and will be more likely to have a free hand. You'll also be less tired and less likely to set luggage down, leaving it unattended.

Visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the site offers a list of places suspected of anti-American activity, as well as other information for travelers.

Umbria region a treat for Medieval fans

By Tech. Sgt. Carole Steele
31st Fighter Wing Public Affairs

Visiting the region of Umbria is like stepping back in time. Although it is Italy's smallest region, it's home to the majority of the country's medieval hilltop towns, each strategically built as an element of defense centuries ago. Today they provide some stunningly picturesque views.

The landscape of Umbria rolls down from its many hills through lush valleys with winding streams and rivers, and its charming rural countryside is dominated with olive groves and vineyards.

Located in the geographical center of Italy's 'boot,' Umbria is east of Tuscany, north of Rome and south of Florence. Easily accessible along the A1 Motorway, it is a five- to six-hour drive from Aviano. Train service will also get you there, while the region's capital, Perugia, has a small airport.

Perugia, one of the many medieval hilltowns, is closed-in by Etruscan walls constructed 22 centuries ago. It boasts many well-preserved examples of architecture from many different eras.

Of all the hill towns, it is said that the best views are afforded from Montefalco which has existed since Roman times. This town, also famous for its wine, is located 30 kilometers south of Perugia. When visitors reach the hill's summit and enter the town's ancient walls, they find themselves in the medieval hub as it was 600 years ago. From this vantage point, visitors are treated to a 360-degree view of the Umbrian landscape.

High atop another hill, Umbertide has one of only three dueling grounds remaining in Europe.

But every town boasts beautiful centuries-old churches with breathtaking frescoes and architecture. There are also countless monasteries founded by a host of local saints. The oldest monastery can be found deep within an olive grove on the outskirts of Spoleto - the 8th-century San

Pietro in Valle.

The most famous place of worship in Umbria is located in Assisi. The Basilica of San Francesco was built in 1230 in honor of St. Francis who was born there in 1181 and is buried in a tiny crypt downstairs within the basilica.

Umbria was birthplace to numerous famous artists which is reflected in the breadth and depth of its art galleries. It is also home to some of the world's oldest museums.

Obviously a vacation to this region is a special treat for Renaissance fans, but that's just the surface. Eclectic entertainment, delicious cuisine and fabulous shops are plentiful there.

When it comes to shopping, Umbria isn't short of specialties. Its most famed works are world-renowned ceramics, pottery, maiolica, lacework, needlework, linen weaving, woodwork, wrought iron and copper objects. The craftsmanship dates back several centuries and is still used by Umbrian artisans today. Their wares are sold in many local artisan shops.

The cuisine in the region is greatly influenced by its rural environment and is renowned for flavorful black truffles, superior extra virgin olive oil, exceptional pork products, fresh fish specialties, and prize-quality mushrooms. The region's vineyards produce a large variety of wines. Perugia is also known for its chocolate and an annual chocolate festival is held there every October.

Italy's largest lake is located in Umbria. Lake Trasimeno is where Hannibal defeated the mighty Roman Empire in 217 BC. Medieval towns peer down at the edges of the lake. Boat trips are also available to several islands with sandy beaches.

This region - named for the Umbri who settled there in the 6th century BC - has a great deal to offer visitors. However, as one of the lesser-known regions, it is free of the tourist crowds that plague more popular spots, making it an idyllic Italian vacation location.

Air Force travel online: Visit www.aftravelonline.com for information on airplane and train tickets and hotel reservations.



Courtesy photo

The leaning tower in **Pisa, Italy**, was built in the twelfth century as a bell tower for the city cathedral.

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Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Guided Innsbruck
- Saturday - Guided Trieste
- Nov. 11 - WWII memories tour in Friuli region
- Nov. 12 - Pisa and Da Vinci museums
- Nov. 12-13 - Wine tasting in Tuscany
- Nov. 19 - Guided Florence

- Nov. 19 - Guided Ljubjan, Slovenia and Postumia caves

- Nov. 25-28 - Thanksgiving in Budapest, Hungary

ITT escorts ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Call Ext. 5072 or 5026 for more information.

Cold weather Running

By Capt. Mark McElroy

31st Aerospace Medicine Squadron

Fall is here and winter is fast approaching, but Aviano Airmen still have to maintain or improve fitness levels.

Fortunately, Aviano has great weather conditions for running outdoors all year long — just be prepared.

As the temperature begins to drop, keep these running tidbits in mind this season to prevent injury:

This time of year brings a shorter amount of daylight; during inclement weather and from dusk to dawn runners must wear some type of reflective gear.

Runners must always run against the flow of traffic and headphones are prohibited by all active-duty, dependents and civilians associated with Aviano street runners both on and off base.

Warming up before going out becomes more important during cooler weather. Perform any slow continuous motion using the whole body to get the blood flowing to the muscles before running.

Remember to try and shorten stride length and run slower than usual to prevent injury when running in snowy or icy conditions.

If possible, begin running against the wind and return with the wind at your back to ensure you're working your hardest while fresh. Keeping the wind at your back on the return portion of the run keeps the body

Running recommendations:

- Dress properly to reduce the risk of hypothermia and dress in thin layers.
- Use a base layer that wicks away perspiration.
- Cover as much bare skin as possible and use a face mask or an even layer of Vaseline to protect the face.
- Wear a hat or a hood, since the rich blood supply to the scalp makes it a primary source of heat loss.
- Drink plenty of water.
- Avoid running in the dark if possible and wear reflective gear and light-colored clothing when you run in the dark.
- Slow down on wet pavement; watch out for ice patches.



Photo by Tech. Sgt. Keith Brown

First Lt. Max Lemons logs in a few miles while jogging at Elmendorf Air Force Base, Alaska in temperatures hovering near zero.

from cooling off too fast.

Keep head covered to avoid body heat loss and to maintain circulation to other parts of the body where it is really needed. Use a hat made of wool or a synthetic material that will wick away moisture.

Dress in layers with the base layer made of a synthetic material to wick moisture away from the skin to help the body stay dryer and warmer.

The middle layer should be made of something like Polar Fleece and the outer layer should be appropriate for the weather conditions.

A pair of sweat pants should suffice on most days. However, on colder days runners should wear a pair of synthetic long underwear with a pair of breathable, yet wind resistant, workout pants over them.

Thin gloves should do the trick for the majority of people on most days but if you have poor circulation then thick winter gloves may be in order.

The main thing to avoid is selecting a pair of gloves that will make your hands sweat.

On cold days, wearing a scarf wrapped around your neck and mouth is recommended to help warm inhaled air and make breathing easier.

In winter, hydration is just as important as during the summer. Remember to drink plenty of fluids, before, during and after your workout.

For more running tips and a personal video analysis of your running style, you can sign up for the runner's class by calling the Aviano Health And Wellness Center at Ext. 4573 or stop by the physical therapy clinic.

Fly Bys

Varsity soccer

The Aviano Dragon Varsity Men's team finished in second place at the U.S. Air Forces in Europe Soccer Championship, Oct. 18 through 22 at Camp Darby. Aviano advanced to the Army/Air Force Final Four Soccer Championship, Oct. 28 and 29 to take on the Army teams from Stuttgart and Kitzingen.

Basketball

People interested in participating in the 2005-2006 Men's and Women's varsity basketball teams can contact Neville Besignach or Robby England at the Area Two Fitness Center or call Ext. 7574.

Massage therapist

The Area Two Fitness Center offers massage therapy. Call Shawn Hamilton to make a 30, 60, or 90-minute massage appointment at 348-364-0684.

Personal trainers

The Dragon Fitness Center is seeking nationally-certified personal trainers and fitness instructors to lead others into fitness. For more information, call Ext. 7459.

Yoga class

Yoga classes are held from 10 to 11 a.m. Tuesdays and Thursdays, and 12:30 to 1:30 p.m. Mondays, Wednesdays and Fridays in the Dragon Fitness Center. For more information, call Ext. 7459.

Fishing trip

Outdoor Recreation hosts a Project Cheer trout fishing trip 8 a.m. to noon Nov. 19. Deadline to sign up is Nov. 14 and costs €3.50 per kg. for the fish caught with a no throw back rule and \$5 for transportation per person.

Referees needed

The Aviano Officials Association is looking for officials for the upcoming season. Interested participants may call Joe Russo at 348-252-4885 or Chief Master Sgt. Gregory Smith at Ext. 4978.

Know the cardinal rules of wingmanship

By Lt. Col. Adrian Pone
31st Fighter Wing safety office

As a fighter pilot, I would never dream of flying alone and afraid against an enemy Surface-to-Air-Missile or fighter jet. Without the protective mutual support of my wingman, that SAM or MiG might get off a shot. To ensure our mutual support and collective safety, my wingman and I always stick together and keep our eyes peeled for threats.

I start getting worried if my wingman splits away; as singles we are vulnerable to attack. When dueling against Mach-3 threats, it's very simple - lose mutual support and you die. That's why, whether I'm in the air or on the ground, I apply the wingman's three cardinal rules: 1) Stay with your wingman 2) Protect your wingman and 3) Call for reinforcements if needed.

Staying with your wingman is the most basic and paramount rule. In fighter aviation, everything we do, from engine start to shutdown, we do as a team. Mutual support is that important. In the fact, the mission is never really over until we are all back in the squadron building safe and sound.

Why is the Air Force so successful? Simple, we value mutual support so much we continually look for ways to improve it. As an example, after every single mission we spend hours and hours critiquing and debriefing our support (or lack thereof). If my wingman flies too far away, I critique him for his lousy formation. If I leave him by himself, he critiques me for poor flight leadership. This "combat wingman" mindset has helped shaped the U.S. Air Force into the world's premier military service.

Over the last 12 months, the 31st Fighter Wing has experienced numerous breakdowns in mutual support. Just reference our 25 DUIs; more than two per month. Unsatisfactory. But what really makes this unsatisfactory is that in almost every case, the Airman charged with the DUI was alone. This classic breakdown of mutual support occurred because the buddy failed to apply the cardinal rule ... stay with your wingman. So if you

are out with your friends, keep track of your buddy ... especially if he or she has had a few too many drinks. All too often we read about the Airman who "escaped" their wingman support system, only to be beaten up by thugs or pulled over by law enforcement. Which brings me to the next rule...

Rule #2: Protecting your wingman is a no-brainer. Don't let your wingman get hurt. Perhaps the greatest fighter pilot of all time was a man named Erich "Bubi" Hartmann. "Bubi" is the undisputed "ace of aces" with 352 confirmed aerial victories. But what made Hartmann really great was the fact that he never lost his wingman - many times he disengaged from pursuit to protect his wingman.

Like Hartmann, a good wingman always thinks about protecting his buddy. Here are a few examples of what you can do. If your wingman is driving his car too fast, get him to slow down - he will thank you later. If your wingman fails to wear correct equipment such as helmet, protective gear or seat belt, intervene - you might save his life. If your wingman is ignoring technical orders or AFI guidance, speak up. You might catch some flak but it is far better than the possible outcome. Remember, there is no I in TEAM so work together and protect each other.

Calling for reinforcements rounds up the three rules. When I see that my flight is outgunned, I call for help. If attacking a SAM site, I call the F-16CJ "Wild Weasels" for help. If my flight is overwhelmed with MiGs, I call for the F-15C Eagles to sweep. If I need help attacking a tank column, I call in the A-10 "Warthog." Bottom line, if I need help I ask for it.

The same rule applies to you. If the job requires a four-man lift, don't try it with two - call for help. If you are over-tasked with work, ask for assistance. A phone call is all it takes. Call for reinforcements.

As we press on into the fall and winter months, remember the three cardinal rules of being a good wingman. By staying with and protecting our wingman we can guarantee mutual support and safety. And don't forget to ask for help when you need it.

Kudos: Recognizing Those Who Serve

I would like to say a huge thank you to the following agencies for their help with Red Ribbon Week: Demand Reduction, Integrated Delivery Systems, Army Air Force Exchange Services, Alcohol and Drug Abuse Prevention and Treatment, Life Skills, the Health and Wellness Center, Drug Abuse Resistance Education, Equal Employment Opportunity, the Aviano faith community, the 31st Mission Support Group and a big thanks to the first shirts for their \$200 donation that went to essay and poster winners.

- Renee Moore, Aviano High School

The first place trunk or treat decoration prize was awarded to the 555th Fighter Squadron for its gingerbread house from the Grimm Fairy Tale "Hansel and Gretel." The 555th FS plans to donate the \$150 prize to the Landstuhl Fisher House when squadron members visit wounded soldiers at Landstuhl Regional Medical Facility on Veteran's Day. The second place prize of \$100 was awarded to Aviano Chief's Spouses and the third place winner, 724th Air Mobility Squadron, won \$50. Honorable mention goes to the Aviano Officers' and Civilians' Spouses' Club for their great "ghost busting" trunk and continued support of youth programs.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to Vigileer@aviano.af.mil with the subject line "Kudos." Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.